HERB-CRUSTED AIR FRYER TOMATOES

A ROASTED RENAISSANCE

Experience the magic where high heat meets the humble tomato. Using rapid air convection, we achieve a slow-roasted intensity in minutes. Perfect as a vibrant side dish or elevated on rustic sourdough.

INGREDIENTS

~ THE PRODUCE ~

5-6 medium Roma (plum) tomatoes
1 clove garlic, finely minced
Fresh Basil leaves (for garnish)

~ THE PANTRY ~

3 tsp Extra Virgin Olive Oil
1/2 tsp Sugar (Crucial for balance)
1 tsp Dried Basil & 1 tsp Dried Oregano
Salt & Freshly Cracked Pepper

PREPARATION METHOD

STEP 1: PREPARE THE TOMATOES

Wash and dry the tomatoes thoroughly. Slice them into uniform rounds, roughly 1/2 inch thick. Discard the very ends or save them for a vegetable stock.

STEP 2: THE MARINADE

In a mixing bowl, combine the tomato slices with olive oil, sugar, garlic, basil, oregano, and salt. Toss gently by hand to ensure every slice is coated in the herbs.

STEP 3: THE ROAST

Preheat Air Fryer to 380°F (193°C). Arrange slices in a single layer. Cook for 10 minutes. Flip carefully, then cook for another 6 minutes until they achieve a 'jammy' center.

STEP 4: TO SERVE

Serve immediately as a hot side dish, or pile onto toasted hearty bread with melted cheese for a luxurious snack.

NUTRITION PER SERVING

45 kcal | Fat: 2.5g | Carbs: 5g | Protein: 1g | Fiber: 1.5g

HEALTH BENEFITS

Rich in Lycopene for heart health
High Vitamin C content
Heart-healthy monounsaturated fats